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Plantain Bread ♦♦

Plantain bread is a delicious and nutritious bread made with ripe plantains. It is a popular dish in many countries and is often enjoyed as a snack or breakfast. The bread has a moist and slightly sweet flavor, making it a great alternative to traditional bread.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

500 g	Ripe Plantains
200 g	all-purpose flour
100 g	sugar
100 g	butter
2 pieces	Eggs

2 tsp	baking powder
1 tsp	vanilla extract
1 tsp	salt

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C). Grease a loaf pan.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mashing

Peel the ripe plantains and mash them in a bowl.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a separate bowl, cream together the butter and sugar. Add the eggs and vanilla extract and mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In another bowl, combine the all-purpose flour, baking powder, and salt. Gradually add the dry ingredients to the wet ingredients and mix until well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

Fold in the mashed plantains until evenly distributed in the batter.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Pouring

Pour the batter into the greased loaf pan and smooth the top with a spatula.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Baking

Bake in the preheated oven for 40-45 minutes, or until a toothpick inserted into the center comes out clean.

Prep Time: 0 mins

Cook Time: 40 mins

Step 8

Cooling

Remove from the oven and let cool in the pan for 10 minutes. Transfer to a wire rack to cool completely before slicing.

Prep Time: 10 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 12 g

Protein: 4 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	12 g	42.86%	48%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Christmas

Valentine's Day

Picnic

Course

Breads

Snacks

Cultural

Chinese New Year

Halloween

Cost

\$10 to \$20

\$40 to \$50

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Allergy Friendly

Heart Healthy

Diet

Mediterranean Diet

Volumetrics Diet

Vegetarian Diet

Pescatarian Diet

Lacto-Vegetarian Diet

Low Sodium Diet

Meal Type

Brunch

Lunch

Snack

Difficulty Level

Medium

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